

Milton of Campsie Parish Church of Scotland

Stirling Hall Eco Project - TOP TIPS on Reducing your Energy Carbon Footprint

FREE TIPS TO HELP YOU SAVE ENERGY AND MONEY

More for less:

If you are looking for easy ways to save energy and money, you came to the right place.

Quick and easy energy saving tips:

- ✚ Only boil as much water as you need in the kettle or in pans and keep lids on pans when cooking.
- ✚ Always use the right sized pan for the job and use the correct hob or ring for each pan
- ✚ Chopping your vegetables into smaller bits means they can cook faster. This

means less energy wasted and less time for your dinner too

- ✚ Use a microwave to cook or reheat food if possible, it is more energy efficient method of cooking.
- ✚ Defrost food in the fridge overnight rather than microwaving it.
- ✚ Keep your freezer at the right temperature. If it is cooler than necessary it uses more energy and cost more to run.
- ✚ Let warm foods cool down before putting them in the fridge.

Keeping the heat in:

✚ Cavity Wall Insulation:

The external walls of most houses built after the 1920s are made of two layers with small air gap between them. Insulation is applied quickly and easily through small holes in the outer wall. It could cost around **£450 to £500** to insulate your walls and save

you around **£145** a year, paying for itself within four years.

✚ Solid Wall Insulation:

If your home was built before 1920, its external walls are probably solid rather than cavity walls. Solid walls can be insulated – from outside and/or inside. This will cost more than insulating a standard cavity but the savings on your heating bills will be bigger too.

✚ Loft insulation:

Loft insulation is one of the most cost effective measures you can take to save energy by slowing down the heat loss through the roof; it is also one of the easier to install. Install a 270mm or 10.5 inches of installation and you could save £150 a year. Remember even if your home already has some loft insulation it might need more. By topping up from 100mm to the recommended 270mm of loft

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insulation, you could save **£25** a year.

Draught proofing:

Plugging the gaps can insulate your wallet too! Draught-proofing your windows, doors and blocking any gaps around the floor and skirting, can save you **£20-£30** on your heating bill a year

Efficient Glazing:

Double glaze your windows to save even more money. Replacing single glazed wood frame windows with A-rated double glazing can reduce annual heating bills by **£90-£120**. It's great for reducing noise from outside and keeping your home toasty too.

Keep Cosy for less:

Heating your home can be expensive business but you do not have to sacrifice your everyday

comforts to cut heating costs. It is easy to save energy and money and stay toasty too. Here are a few hot tips to get you started:

- ❖ Cosy up and close your curtains at dusk to keep the heat in.
- ❖ Turn your thermostat down by 1°C and save around **£75** a year on your heating bill.
- ❖ Insulate your hot water pipes and you could save another **£10** a year
- ❖ Make sure your hot water tank is insulated with lagging jacket at least 3 inches thick. It reduces the need to reheat water for your shower or washing up so you will save around **£20-£30** a year
- ❖ Fit heating controls like automatic timer switches, room thermostats, and thermostatic radiator valves, and learn how to use them.
- ❖ Replace that old boiler with a new condensing one. A condensing boiler is much more efficient, and A-rate

model with a full set of heating controls could reduce annual heating bills by as much as **£305**. It is important to insulate your home before installing a new boiler.